

May 2026 Rebos Newsletter



MEMORIAL DAY

On Memorial Day, we honor and recognize those who lost their lives while serving in our country's military.

Men and women enlist in the military for very personal reasons; some as a rite of passage while carrying on a family tradition. Some to escape a life fraught with alcohol, drugs, or violence. Every one of them endured fierce training and unbelievable discipline. All of them served our country, often under unimaginable circumstances. And many made the ultimate sacrifice and died.

We should all make the time to remember them.

MOTHER'S DAY

Mother's Day stirs up a lot of memories and emotions for me. I lost my mom when I was a teenager. She wasn't one of us. At times, when I'm working the steps, I wonder what she would have thought about having a daughter who was an alcoholic.

For some of us in the AA community, Mother's Day is not an occasion to celebrate. Some mothers did not provide the love and support depicted in movies and expressed in a Hallmark greeting card. But as we work our program, we come to understand that to stay sober we need to accept and forgive others. It does not mean we forget.

STEP FIVE

It takes a lot of courage to admit to the God of our understanding and to ourselves the exact nature of our wrongs. A lot of work goes into remembering and reflecting much deeper than we ever have before.

Because of the level of honesty when admitting our wrongs to others, there is no doubt that we will be well out of our comfort zone. Intimidating? Absolutely. Yet, our honesty sets us free and helps to lift a very heavy burden.

QUOTES ABOUT HONESTY

“Being honest may not get you a lot of friends, but it will always get you the right ones.”

John Lennon

“Honesty is often extremely hard. The truth is often painful. But the freedom it can bring is worth the trying.” Mister Fred Rogers

“You don’t know how strong you are until being strong is the only choice you have.”

Unknown

A LIGHTER SIDE

“Mom, I love you, but I’m still not accepting your friend request.” Unknown

“I want my children to have the things I couldn’t afford. Then I want to move in with them.” Phyllis Diller

“Is it true that when you’re lying, your pants are really on fire?” Jerry Seinfeld

RECENT EVENTS

New Hope 40th Anniversary

A gathering of folks enjoyed a cookout and an entertaining speaker. Our AA fellows, once again, provided great food, conversation, and laughter.

Movie Night

Movie-goers watched “Flight,” based on a true story of an airplane pilot’s struggle with alcoholism. And there was popcorn!

UPCOMING EVENTS

**Rebos Spaghetti
Dinner
Fundraiser
May 16th 1-3pm**

Tickets are \$15 each.

*Help us keep the lights
on and support future
events!*

**New Hope Memorial
Day Cookout**

**Monday May 25th
4:00 PM**

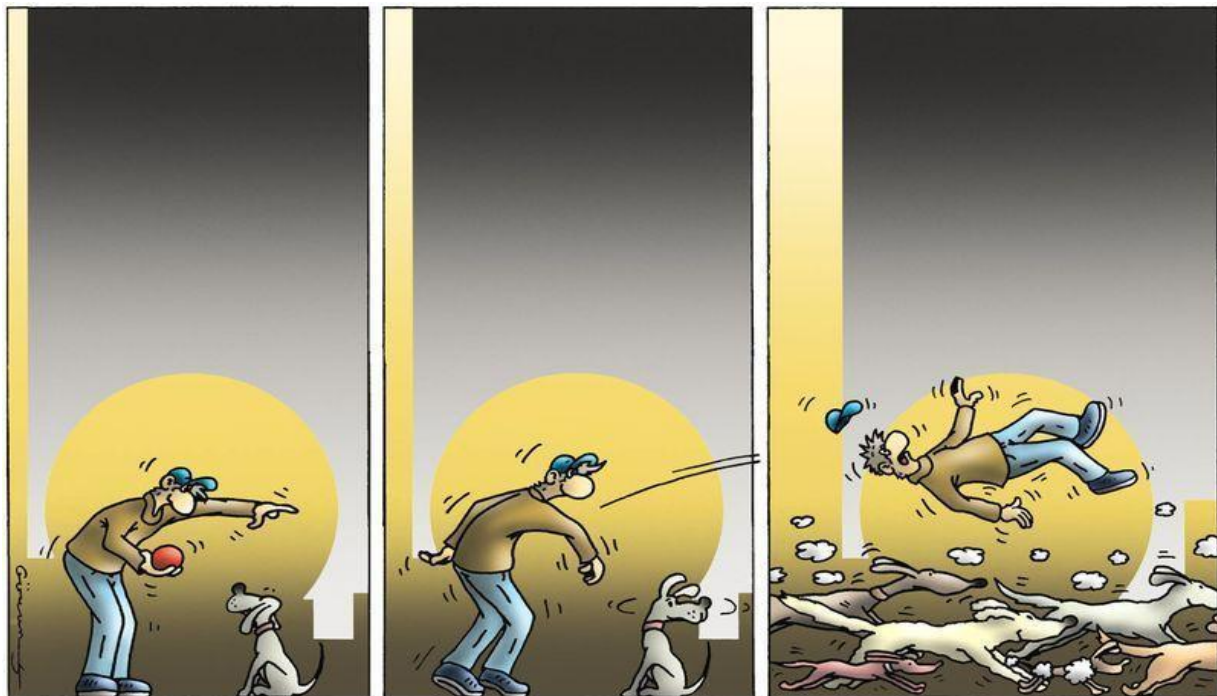
*Hot dogs, burgers, drinks
provided
Please bring a favorite
side dish or dessert.*

**36th Annual Roanoke
Men's Workshop**

**May 1-3
Skelton 4-H Center @
SML**

*Register online.
Speakers, breakout
sessions*

www.aaroanoke.org



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